



Media kit

Lori Harris

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ABOUT ME

I help visionary leaders achieve more success—with less effort.

Lori Harris

Lori A. Harris is an award-winning transformational integrative change coach who helps mission-driven executives and servant leaders have more fun and live a life of high-fidelity wholeness. A former capital defender and highly successful trial lawyer, Lori is a leader obsessed with freedom—physical and mental. She has testified before the California Legislature as a subject matter expert. Her passion for freedom began at an early age (she grew up on Liberator Drive on the Upper Peninsula of Michigan) and continues to this day, with her powerful and evocative coaching.

Lori has shared the stage with Les Brown, Gay Hendricks, Mary Morrissey, and Lisa Nichols. Through her podcast, *Unlock Your Life with Lori Harris*, she reaches thousands of people every week. She helps her audience and her clients harness the powers of mindfulness and gratitude, the art and science of transformation, and the magic of changing your mind so they can love the life they live. When Lori isn't coaching, she can be found creating handmade books, painting, or singing (which she often wakes up doing).



Speaker Topics

1 Why You Have to be Selfish to Serve

Is this the life you're meant to live?

In this powerful presentation, audiences will confront the truth about the importance of putting themselves first and learn why pausing and reassessing could be the key to living a life that's impactful and self-honoring.

This uplifting, thought-provoking, and empowering presentation will give audiences actionable steps to release unsustainable beliefs, embrace healthier choices, and create a nourishing life.

2 Are you inadvertently disempowering the people you want to help?

In this presentation, audiences will learn practical strategies for building collaborative, equitable solutions and why shifting to a partnership approach creates more sustainable and empowering relationships.

This inspiring keynote will challenge audiences to act as true partners who uplift and empower so they can make a genuine impact.

3 Shut Up! Quiet Your Negative Self-Talk for Good

Did you know our brains are in a constant loop of negative self-talk?

In this interactive presentation, audiences will learn how to be more positive and stop—or even eliminate—their negative self-talk using the power of self-directed neuroplasticity.

This talk will inspire audiences to end their self-doubt and create lasting change today.



Lori A. Harris (she/her) is a certified life mastery consultant and integrative change coach available for keynotes, workshops, and spokesperson opportunities. Her authentic candor, radical truth-telling, and approachable style make audiences worldwide feel seen, understood, and motivated. Download her media kit, schedule an interview, or book her on your stage today!

NOTABLE PRESS

Featured on PBS, NPR, and Pacifica Radio

Host of [Unlock Your Life with Lori Harris](#) (podcast) and a featured guest on multiple platforms

A featured columnist for the [Mountain Views News](#), a community paper with over 3 million readers



Get In Touch

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